GOVERNMENT OF MADRAS

MOTHER AND CHILD

ISSUED BY

E DIRECTOR OF INFORMATION AND PUBLICITY

MOTHER AND CHILD

MATERNAL AND CHILD HEALTH SERVICE.

The birth of a baby is the happiest event in the life of a woman. It should be looked upon as a normal physiological function of the body. To-day the benefits of proper guidance during and after pregnancy are available for every mother. Therefore, there is no need for any mother either to suffer illness during pregnancy or to lose her baby due to lack of proper care. The Government is anxious to make available all facilities for the care of mothers, because it recognizes that the health of the nation depends entirely on her mothers. But the work of all Governmental agencies engaged in the welfare and care of mother and child will remain incomplete unless mothers come forward and fully co-operate with such agencies.

MATERNAL AND CHILD HEALTH SERVICE IS ORGANIZED WITH AN OBJECT.

1 To make the community a better place for the health of mothers and children by reducing maternal and infant mortality rates ;

2 To help parents with adequate information on the care of infants and children ;

3 To cater for the needs and handicaps of mother and child individually ;

4 To prevent communicable diseases ;

5 To produce a community in which

(*a*) A pregnant mother may safely live ;

(*b*) A delivery may be safe ;

(*c*) The health of the child may be constantly protected ;

(*d*) A woman may live safely in between pregnancies ;

(*e*) The male members of the community may learn to share and understand the responsibilities of the health of a woman and a child.

WHO IS RESPONSIBLE FOR GIVING MATERNAL AND CHILD HEALTH SERVICES ?

The responsibility for the maternal and child health services is vested in Government and local body institutions, which are backed up by a member of voluntary agencies. It is their function to provide maternity and child welfare clinics, midwives, health visitors, nurses and doctors. They also see that the services of these agencies are closely integrated with hospital service and other allied institutions.

ACTIVITIES OF A MATERNAL AND CHILD HEALTH CENTRE.

When you suspect that a baby is coming, the first step to take is to visit the nearest maternal and child health centre. These centres have been established for—

(1) Care and supervision of expectant mothers ;

(2) Provision of free services of trained maternity assistants to conduct deliveries both domiciliary and institutional ;

(3) Care of the mother and new born for 10 days after delivery ;

(4) Supervision and care of the infant and pre-school child ;

(5) Teaching mothers on health matters collectively at the centres, and individually in their homes ;

(6) Sending, in time, to hospitals, all those cases which would benefit by hospital care and treatment ;

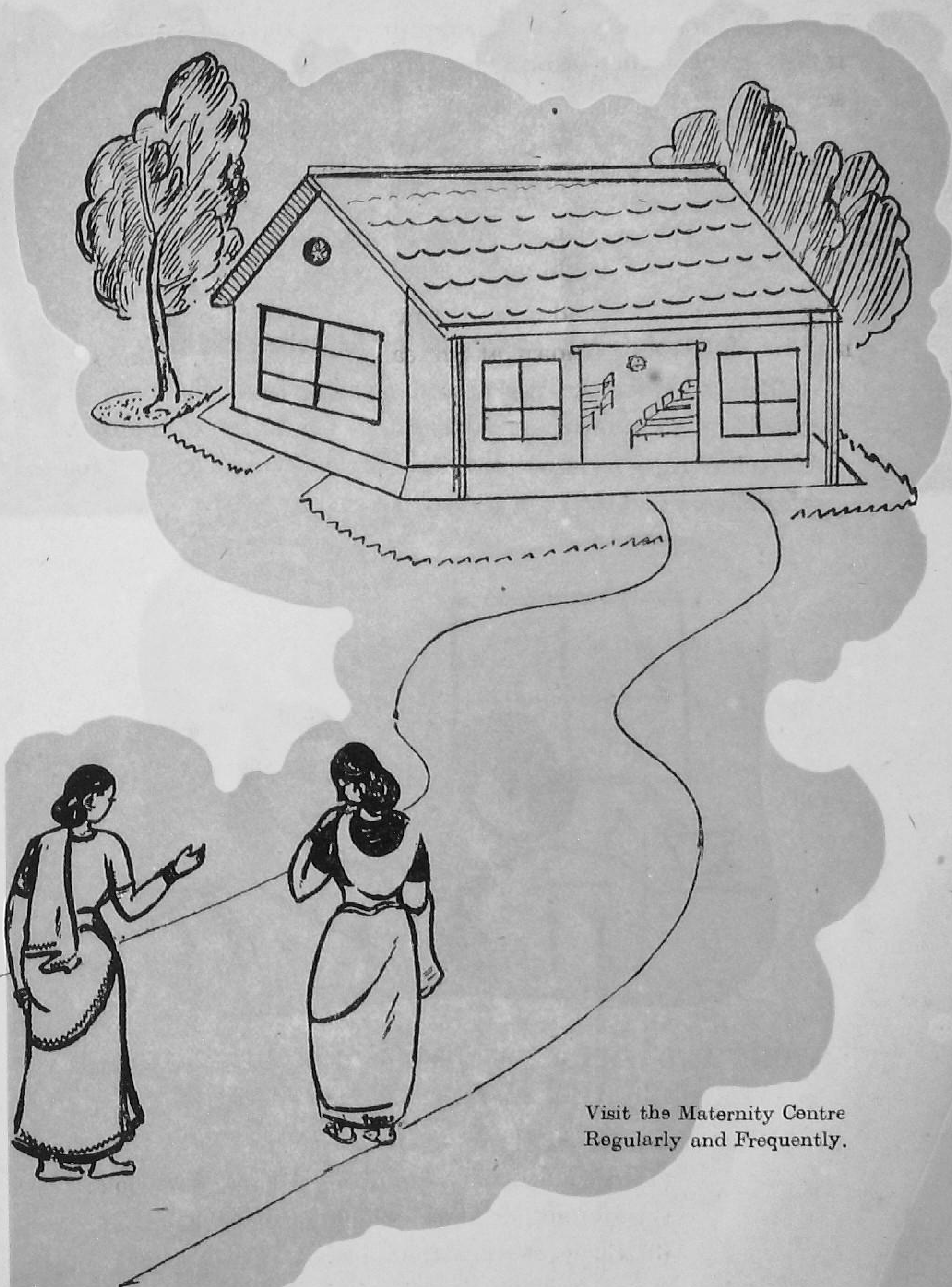
(7) Treatment of minor ailments to pregnant and nursing mothers, and children from 2 to 5 years of age ;

(8) Free supply of milk, shark liver oil and multivitamin tablets to deserving and nursing mothers, to infants and pre-school children ;

(9) Free admission and care with provision of diet for all delivery cases at maternity homes wherever present ;

(10) Free teaching of all unqualified indigenous mid-wives by the Medical Officer (Maternal and Child Health).

The prospective mothers, however, must co-operate by making their needs known at an early date and by taking advantage of all the facilities available at these centres.



Visit the Maternity Centre
Regularly and Frequently.

PART I.

CARE OF THE MOTHER.

The work at these centres is divided into three distinct phases popularly known as—

Antenatal Care.

Natal Care.

Post-natal Care.

Antenatal Care or Care of the Expectant Mother.

This includes the period commencing from the date of conception to approximately 280 days (or 10 lunar months). Antenatal care is important for the expectant mother for safe delivery and the protection of her coming baby.

WHEN AND WHY AN EXPECTANT MOTHER SHOULD SEEK THE ADVICE OF A DOCTOR ?

When there are signs of—

Early signs of pregnancy.

(1) A sudden cessation of regular menstruation ;

(2) Morning sickness—slight or excessive;

(3) Changes in the breast—Enlargement or pricking sensation in breasts ;

(4) Changes in the skin ;

(5) Frequency of passing urine ;

or

Such as—

Signs of suspected complications of pregnancy.

(1) Experience of a difficult previous labour ;

(2) Frequent abortions ;

(3) Swelling of the legs and puffiness of the face ;

(4) Passing scanty or excessive urine ;

(5) Giddiness and disturbance of vision with or without headache ;

(6) Constipation, fever, sleeplessness, extreme tiredness or weakness or drowsiness ;

(7) Sudden bleeding ;

(8) Cough or pain in the chest, heart burn.

In all these cases the doctor who is the best guide must be consulted.

SOME HINTS FOR THE EXPECTANT MOTHER.

Visits.—Visit the maternity centre for registration and attend the centre at least once a month till the sixth month twice, till the eighth month and every week until time of delivery.

Your doctor will—

(1) Examine you fully ;

(2) Measure your bones to make sure there is room enough for the baby to come through ;

(3) Take a little blood from your arm and have it tested ;

(4) Take your blood-pressure ;

(5) Examine a sample of your urine at every visit ;

(6) Weigh you at each visit ;

Ask your doctor about anything that you do not understand or that worries you.

Visit your doctor frequently and regularly.

Food.—The diet during pregnancy is important because—

(1) Proper food protects the mother's teeth and bones. It also helps protect her from sickness.

(2) The baby's development before it is born depends upon the kind of food taken by the mother.

(3) Good food will help to make a healthy baby.

(4) A well-fed mother can usually nurse her baby.

(5) Eat well-cooked, easily digestable and nutritious food.

Eat regularly at the same time each day.

Avoid excess of fats and greasy foods.

Milk, vegetables or greens, fruit such as oranges or bananas, etc., are to be included in the diet every day.

Water.—Drink at least a quart of water a day. Do not drink too much coffee or tea.

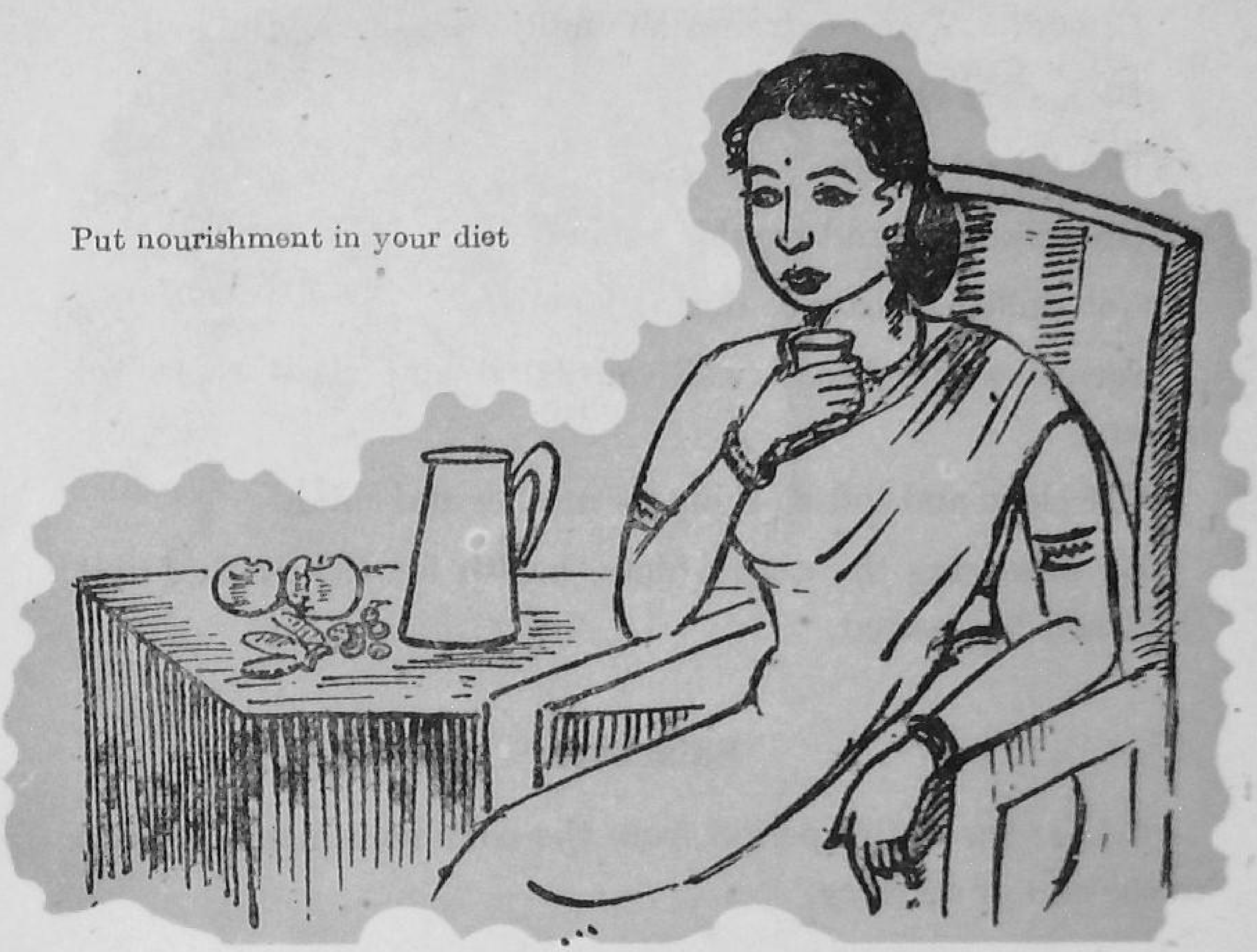
Drink barley water and boiled cooled water in plenty during last week of pregnancy.

Bathing.—Take a warm bath every day. Avoid sea bathing and avoid tub baths.

Care of the breasts.—Avoid dirt collecting around the nipples. Attend to cracks in the nipple if any. Flattened nipples are to be drawn out and massaged with oil.

Care of the teeth.—Have your teeth examined at least twice by a dentist during the period of pregnancy.

Put nourishment in your diet



Bowels.—Must be kept regular by taking enough fruits and at least eight glasses of water for a day.

Exercise.—Do normal household work avoiding violent exertion. Gardening is a good exercise.

Rest and sleep.—Rest during the day for some time, but at least eight hours sleep at night is necessary in a well ventilated bed-room.

Dress.—Wear loosely, light and clean garments.

Journey.—Long journeys must not be undertaken in the first three months and in the last month of pregnancy.

Sex life.—Avoid intercourse during the last three months. In cases of previous abortions intercourse during period of pregnancy should be completely avoided.

General.—Avoid extremes of emotion.

Be always cheerful.

Read good books.

Observe good and regular habits.

Get skilled assistance during labour.

Secure well-lighted, well-ventilated and clean room for labour.

Use clean and soft clothing for mother and child.

By observing the above hints, health for the mother and child will be assured.

Natal Care.

Covers the entire period from the commencement of pains to the end of delivery.

Preparation for delivery.

Seek admission in a Maternity Home or a Maternity Hospital when it is time for delivery,

or

If you have decided to stay at home make every arrangement for a clean and well-ventilated room in house separate for delivery.

All clothes required for the mother, the baby and delivery are to be kept in this room.

Keep separate and clean utensils for delivery. Send for a Trained Maternity Assistant, a Health Visitor or a Doctor.

Trained personnel are kind, sympathetic and understand the Hygiene of pregnancy and delivery.

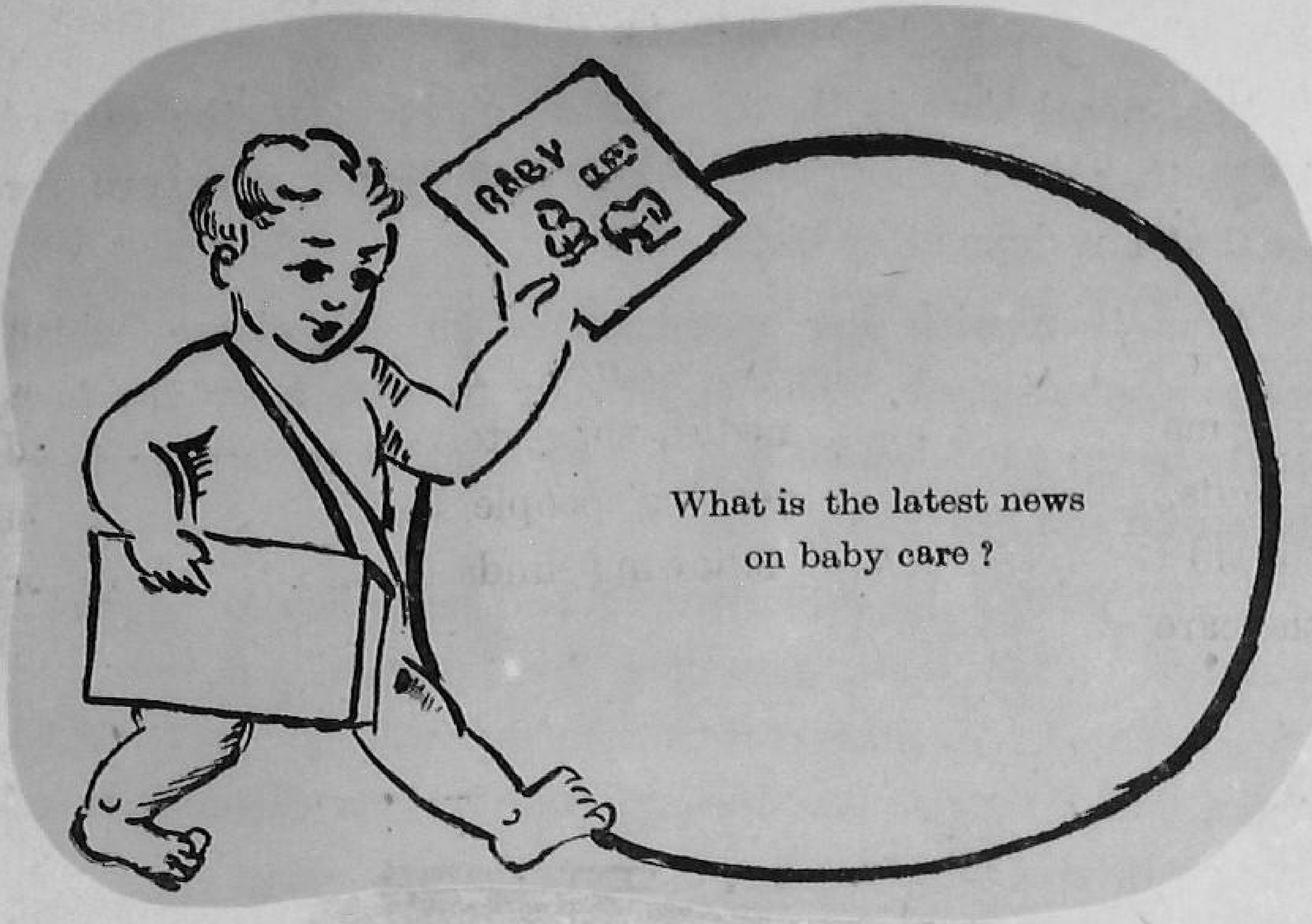
Avoid the services of untrained persons.

Post-natal Care

Post-natal Care is that period which includes the care of the mother soon after delivery and care of her new-born for the first ten days after birth.

A mother with her new-born is an experience which brings contentment. The endeavour to give baby the best must ensure good health first for the mother to recover from the strain she has undergone.

Light nourishing diet, rest in bed according to doctor's instructions, gradual resuming of household duties and adjustment to members of the family will help mother to regain the strength lost through the various discomforts of pregnancy and labour.



PART II.

CARE OF THE BABY.

Give your baby three gifts—

(1) Good health.

(2) Good manners.

(3) Enjoyment of food.

Much depends on the care and training you give your baby during the early formative years.

Your baby's first feeding is his First Social Event and it starts him on the road to good health, and to a better enjoyment of one's life's great pleasure.

You have just experienced the joy of having your baby. But the greater joy still lies ahead to help see him grow up into a healthy child. Henceforward you must do every thing in your power to assure your child's good health and prepare

him for a happy future. But you must remember that your health is equally important if you are to successfully undertake the care of your baby. You must be in good condition in order to nurse your child. Whenever you are in difficulty regarding the health of your baby ask the advice of the doctor at the nearest health centre. Do not depend on the information and the remedies suggested by neighbours and friends, however well-meaning people they may be. You should try and learn the following fundamentals necessary for the care of your child.

AT BIRTH.

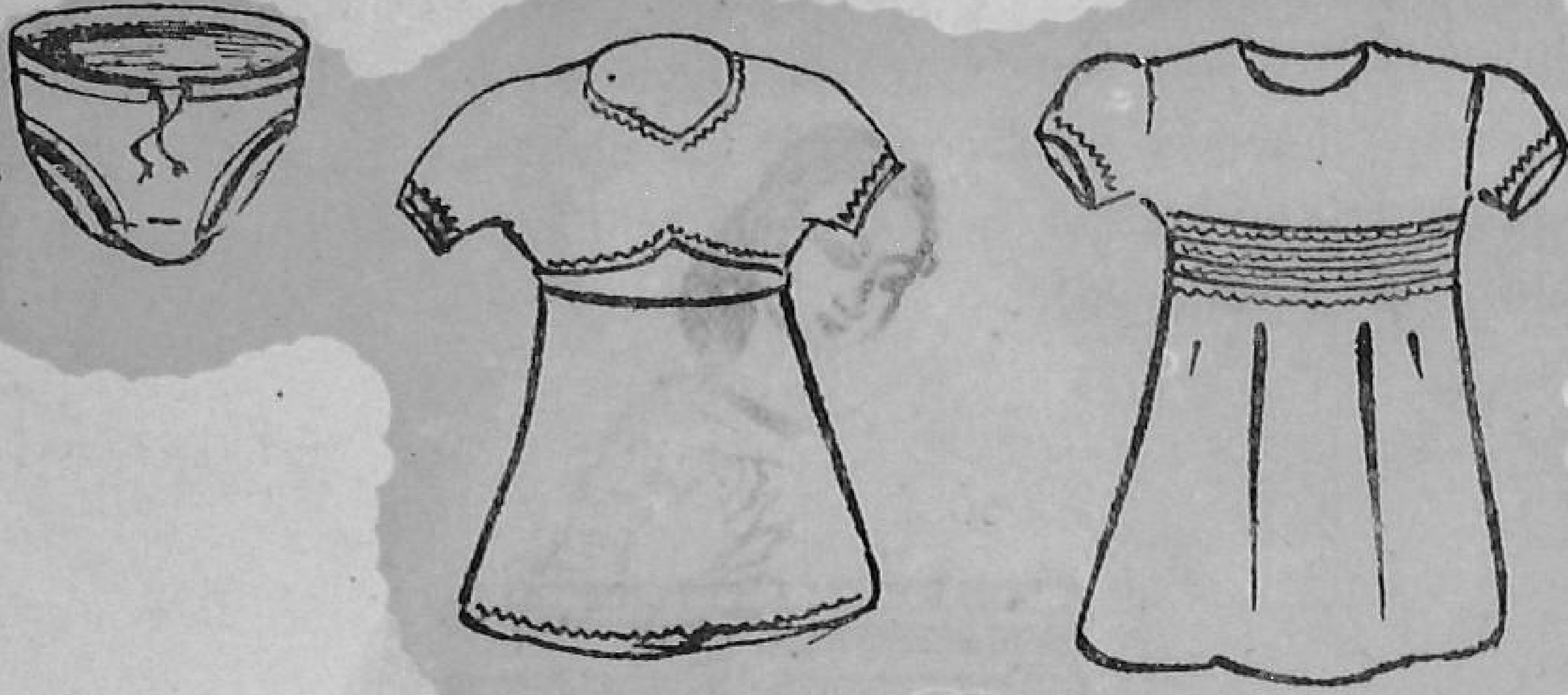
Weigh the baby.—Birth weight is necessary for watching the physical development and growth of the child.

Register the birth—A birth certificate is an important document.

DAILY CARE.

Bath.—Give warm bath daily—pay special attention to the umbilicus or navel, protect the navel from moisture.

Clothes.—Use clean, light and thin garments worn loosely to enable free movement of legs and arms—Avoid a cap—But socks may be used if weather is cold or rainy—Change underwear frequently and use them again after washing only.



Feeds.—It is the first duty of every mother to nurse her baby.

Breast milk is Baby's Birthright

Baby is happy and contented

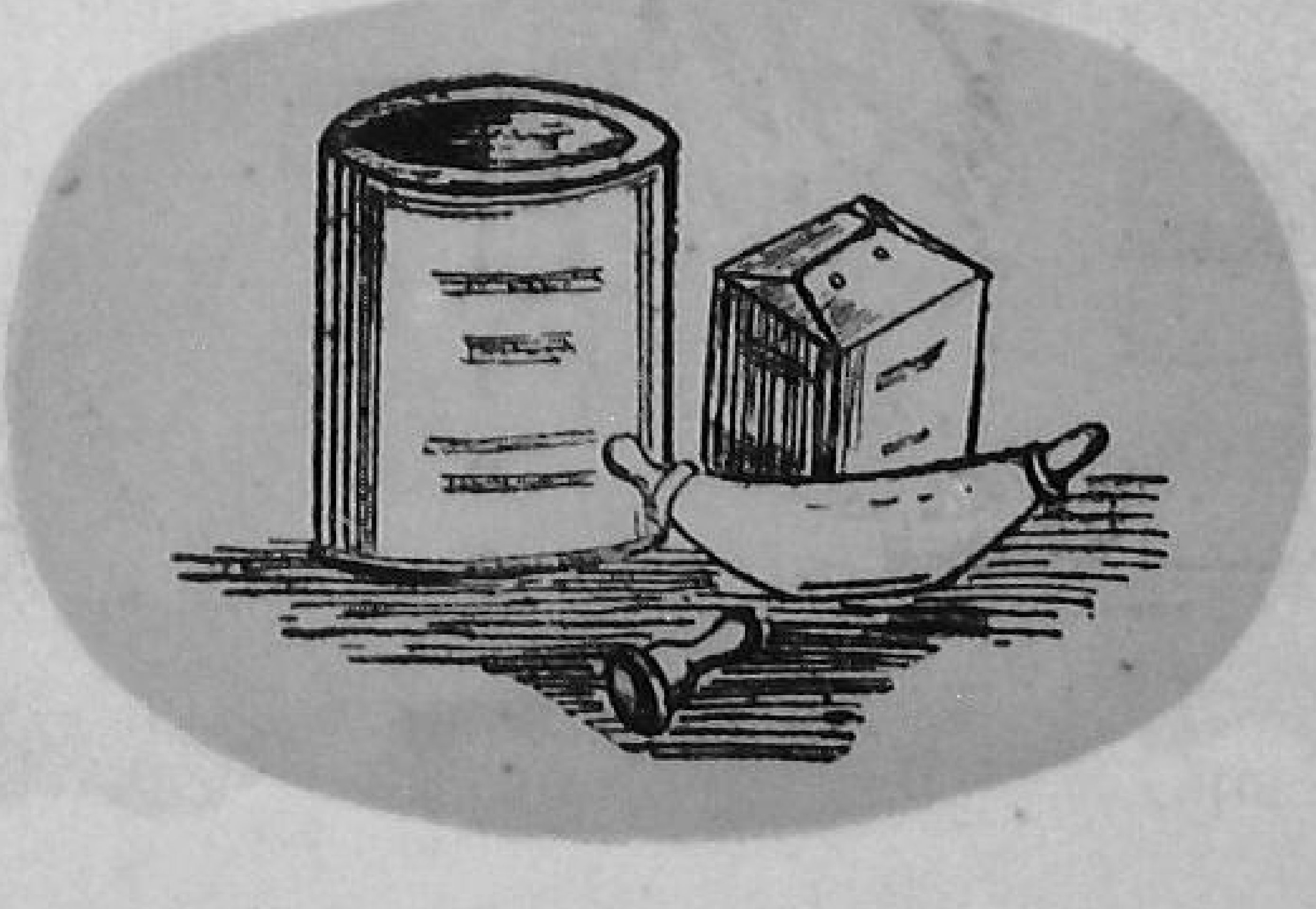
MOTHER'S MILK.

Is the best food for the child as it is—

(1) Easily digested; (2) contains adequate nutritive elements; (3) available at all times; (4) free from dust and germs; (5) affection between mother and child develops closely through nursing the baby.

HINTS OF BREAST FEEDING.

1. Always wash your hands well before nursing the baby.
2. Clean the nipples with a piece of cotton wool and water, before nursing.



3. Nurse baby at each breast for 10 minutes.

4. Give three-hourly feeds up to age of 3 months.

5. If the mother gets retention of milk in breasts, doctor should be consulted.

6. After feed, put the child on the shoulder and pat it to enable the child to bring out swallowed air.

7. During nights give boiled cooled water if the child cries, avoid feeding the baby with milk every time it cries.

If cow's milk is not available, consult doctor regarding type of tinned milk.

Feeding bottle and teat should be cleaned in hot water and kept dry. The hole in the teat should not be too large or too small.

(*a*) Give strained orange or tomato fruit juice and five drops of Cod Liver Oil daily from the second month.

(*b*) Gradually wean the child from the sixth month onwards.

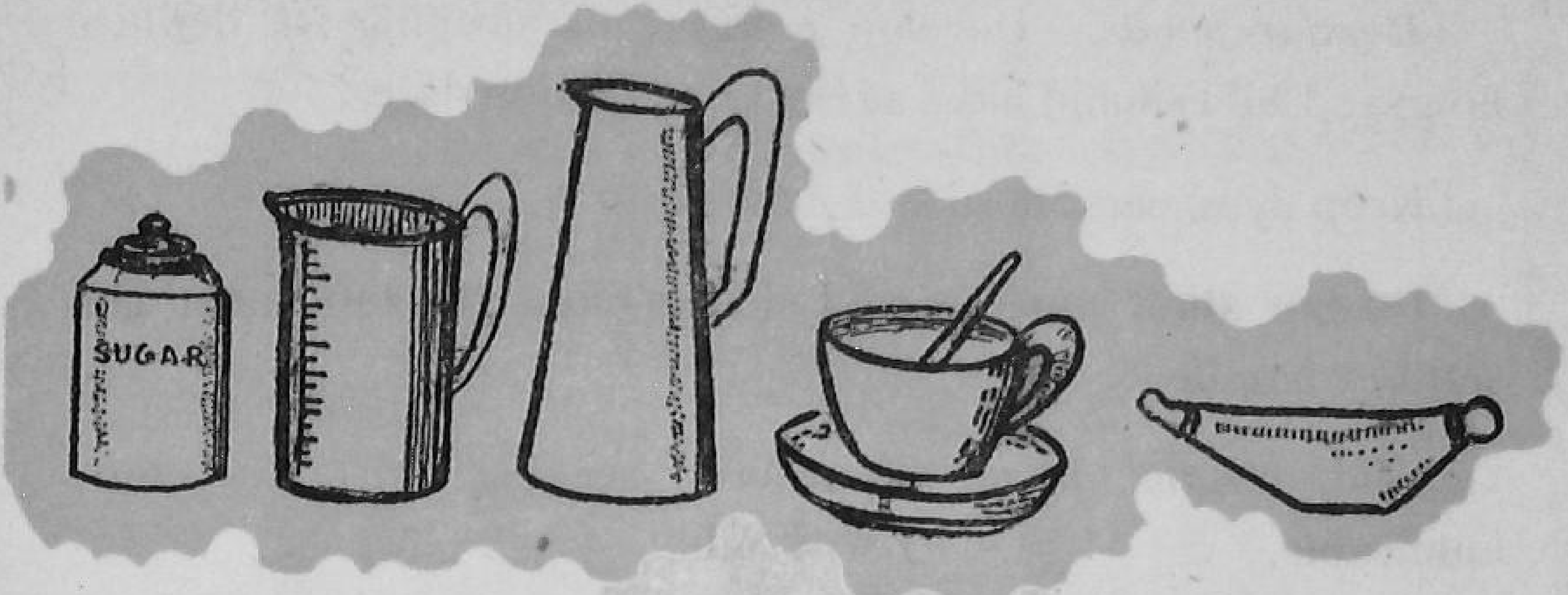
Cow's milk is next best to mother's milk.

Feed the child with sweetened boiled and diluted cow's milk.

HOW COW'S MILK SHOULD BE DILUTED.

	Milk in parts.	Water in parts.
First four weeks ..	1	3
1 to 3 months ..	1	2
3 to 6 months ..	1	1
6 to 8 months ..	2	1
8 months and above.	3	1

From the sixth month give some cereal, e.g., ragi in addition to milk.



Avoid tea and coffee.

Weight.—Weigh the child at regular monthly intervals. Steady increase in weight means sufficient nourishment.

Signs to show that foods agree with baby.

1. Baby will sleep peacefully almost all the time between feeds, and wakes up in a cheerful mood.

2. Baby's digestion will be good.

3. The stools will be of an even consistency and will not be offensive.

4. The baby will gain in weight, at least four to seven ounces a week.

Let Baby exercise through play

Exercise.—Before feed, put the baby on a mat or on a clean floor and allow it to exercise its limbs by kicking.

Regular habits.—Develop a habit of sleeping at definite hours. Child should have at least one motion daily.

Keep eyes, ears, nose and nails clean.

Do not allow unclean and sick persons to come near the child or handle it.

Cold, coughs, fever, diphtheria, scabies, etc., are communicable.

Baby's best friend is the doctor

Vaccination.—Vaccinate child in its sixth month.

Well-baby clinic.—Bring your baby to the "Well-Baby Clinic" once every month for a physical check-up by the doctor. She will tell you how your baby is doing.

SOME DONT'S FOR A MOTHER.

1. Do not give the child a rubber pacifier.
2. Do not give dirty toys to the child.
3. Do not rock the child to sleep.
4. Do not feed the child every time it wakes up at night.

5. Do not allow the child to sleep with the feeding bottle in its mouth.

6. Do not let the child sleep and suckle at the breast all through the night.

7. Do not leave the child alone during feeding time.

8. Do not feed young babies with tapioca or other conjee.

9. Do not allow flies to sit on the child.

10. Do not use damp clothing for the child.

11. Do not give the child castor oil as purgative.

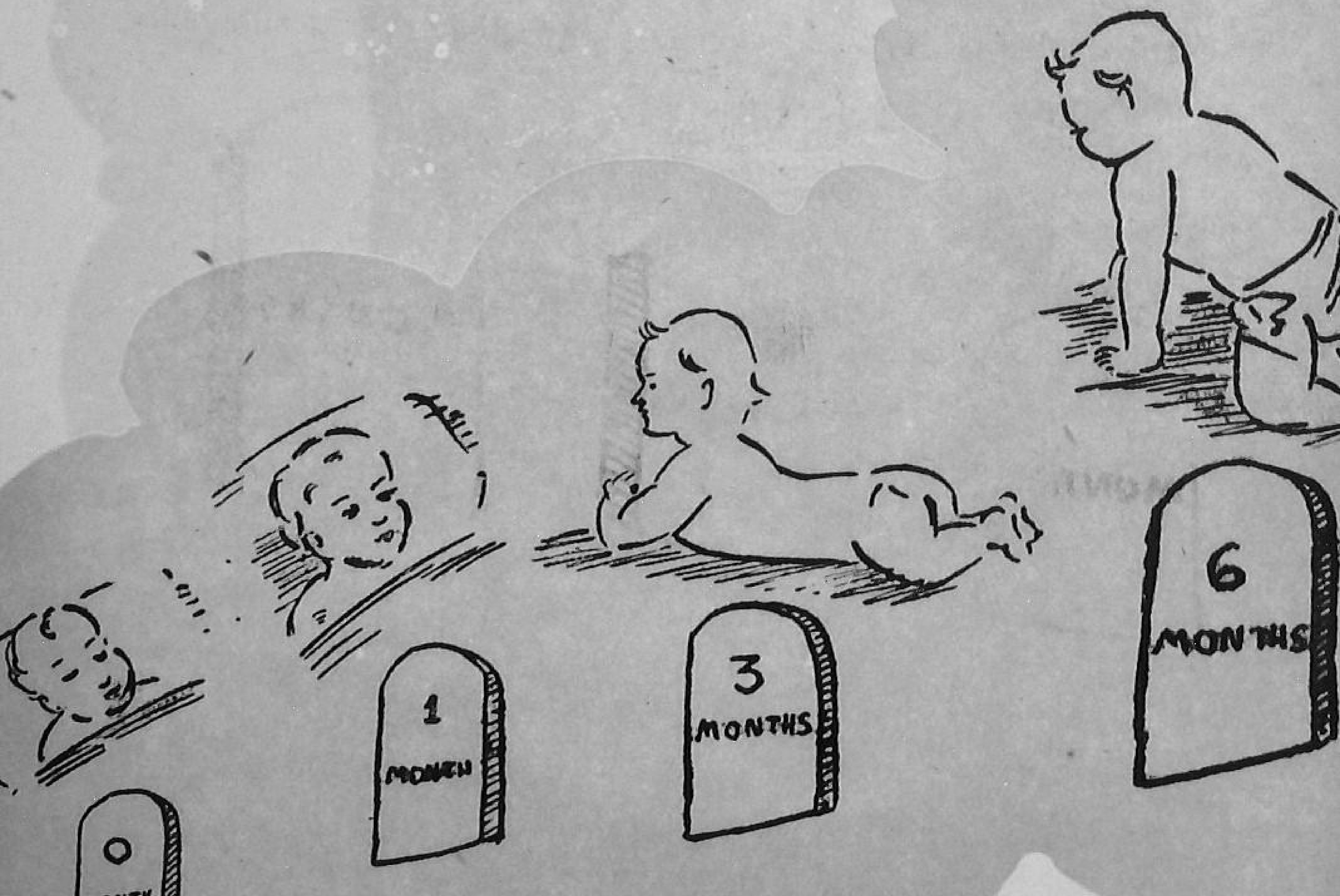
12. Do not kiss the child on the face and mouth.

13. Do not breast-feed after one year.

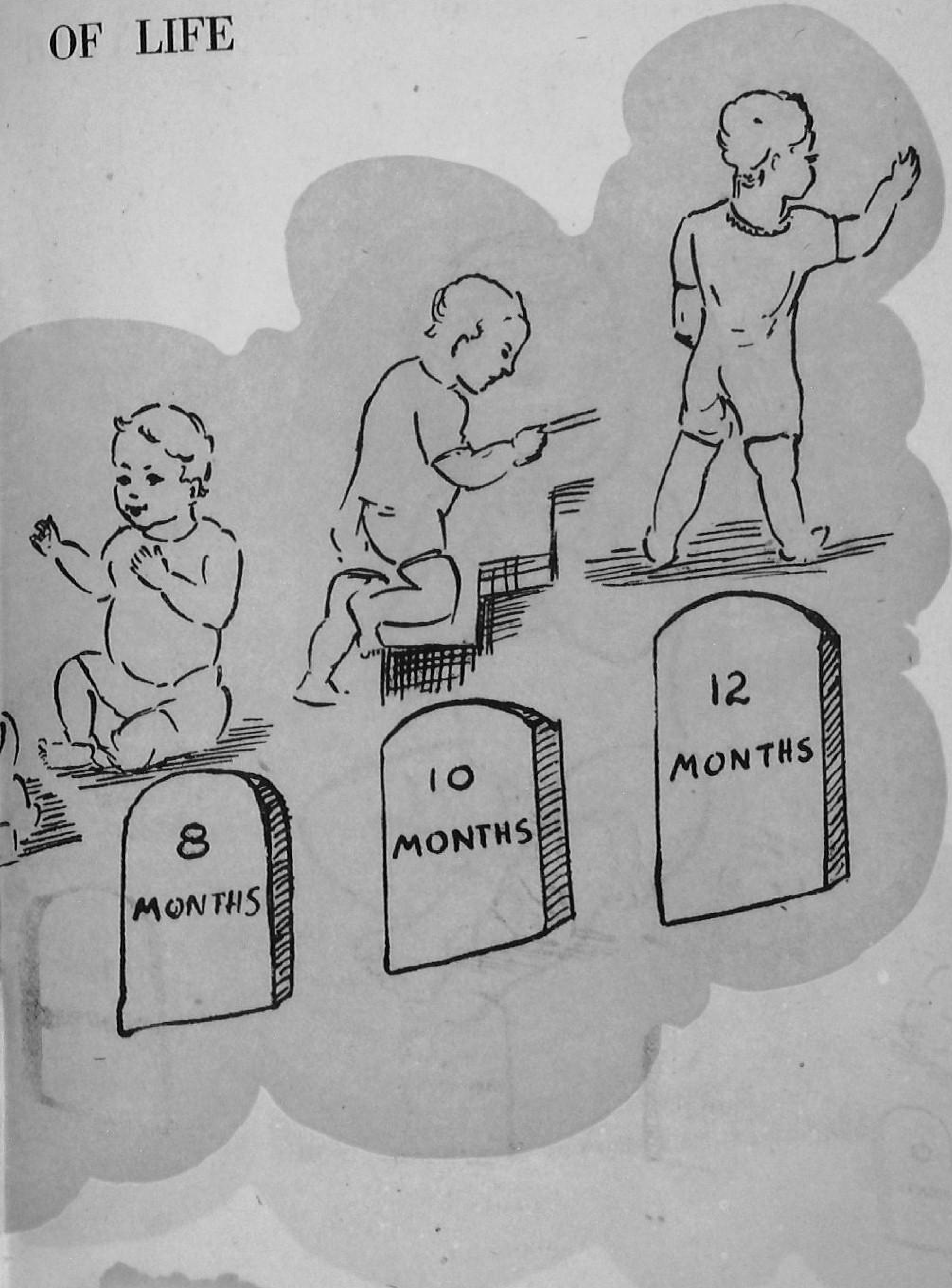
14. Do not allow the navel to become septic.

15. Do not breast-feed when mother suffers from anaemia, tuberculosis, typhoid or any infectious or contagious disease.

MILESTONES
1st YEAR



IN BABY'S
OF LIFE



PART III.

THE PRE-SCHOOL CHILD.

(From 2 to 5 years)

Out of Babyhood

into

Childhood.

The pre-school child.

Baby is now grown up, and until he is ready for school, mother must plan his day with care.

His four basic needs are—

Food, rest, activity, emotional security.

Among many other things, children learn during this period to use their hands skilfully, to walk steadily, to run, to talk easily and to play happily with other children. This is the period of rapid growth and development, mentally and physically.

Some suggestions for your child.

Child Health Clinic.—Bring your child to the clinic for a check-up once *every* 6 *months.*

Visit the dentist.—Your child's teeth need special care at home and by the dentist.

Habits plan the day's routine.—Help your child to form good habits. Mother must *plan* his day with thought and care and make his routine pleasant.

Eating habits.—Every child should have—

Three (or four) meals a day at regular hours.

A well-planned and adequate diet.

Plenty of pure, clean water to drink every day.

He may be given the cup by now.

Food, such as milk, in addition, cereals, eggs, fruit, meat or fish and cod liver oil.

Sleeping habits.—Every little child should—

Sleep 11 to 13 hours every night.

Take a nap or rest in bed for an hour or so in the middle of the day.

Go to bed at a regular early hour.

Sleep in a bed by himself in a room with plenty of fresh air.

Play, exercise and rest.—Allow plenty of fresh air and sunshine.

A child who walks steadily and runs, spends many hours a day in great activity.

Exercise develops a well-balanced, healthy and strong body. Rest is as necessary for strength as exercise.

Toys.—Give him toys that will develop his muscles, e.g., push and pull toys and those that create self-expression, e.g., blocks, paint and clay.

Self-help.—Encourage your child to enjoy doing things for himself, e.g., bathing, dressing and eating.

Behaviour and emotional security.—The growth of your child's personality depends on you. Early childhood is an impressionable period. Give him plenty of affection, and security and let your child feel that he is loved and wanted.

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